

Abstrakt

Name of thesis

The training koncept of ski program and komplex hones exercises for young childerns (6 – 10).

Purposes work

Creation of four days' educational program for young childerns (6 - 10), exercise selection, verification this program in practise.

Method

Case study and analysis of documents. Part of the analysis are participation observations during this observation and verification of the created program.

Results

Give an explanations for usage the designed program, they are describing exact course of realization and obtained knowledges.

Keyword

Skiing on one ski, snowplow, basic skiing position, ski skill, basic and specialized ski exercises.